



Rhea County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Rhea County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Rhea County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include the district wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$364,368.90.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Life Care Centers of America | ➤ Rhea County Sheriff's Department |
| ➤ Drive Away USA | ➤ Homeland Security |
| ➤ La-Z-Boy | ➤ Rhea Ambulance Service |
| ➤ Dr. Alan Crews | ➤ Rocky Outfitters |
| ➤ 1 st Bank of Tennessee | ➤ Goody's |
| ➤ Middle Tennessee Natural Gas | ➤ Rhea County Health Council |
| ➤ Rhea Family YMCA | ➤ UT Extension |
| ➤ Dayton Herald | ➤ Rhea County Health Department |
| ➤ Movie Depot | ➤ Rhea Medical Center |
| ➤ Valley Video | ➤ Dayton Pediatrics |
| ➤ Cash Express | ➤ Volunteer State Health Plan (Blue Cross Blue Shield) |
| ➤ SSM Industries | ➤ AmeriChoice |
| ➤ Paint the Town Pottery | ➤ Women's Care Center |
| ➤ Wal-Mart | ➤ TENNderCare |
| ➤ Professional Therapy Services | ➤ Xpressions Hair Salon |
| ➤ Tim's Tees | ➤ Market Street Hair and Nail |
| ➤ Tony Carter Marina | ➤ Mane Attractions |
| ➤ Bi-Lo, Shop Rite | ➤ Rhea County United Way |
| ➤ Mayfield Dairy | ➤ Chattanooga State Technical Community College |
| ➤ Walgreens | ➤ Dayton Rotary Club |
| ➤ Dayton Police Department | ➤ Miss Tennessee |

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| ➤ Ollie the Otter | ➤ Hasslers Drugs |
| ➤ Bryan College | ➤ Spring City Pharmacy |
| ➤ Spring City Care and | ➤ Southeast Dental Associates |
| ➤ Rehabilitation Center | ➤ Dr. Mike Allport |
| ➤ Southeast Regional Health | ➤ Memorial Breast Services |
| ➤ Office | ➤ Mayfield Dairy Farm |
| ➤ Cleveland State Community | ➤ Dr. Larry Smith |
| ➤ College | ➤ Southeast Bank |
| ➤ Benchmark Physical Therapy | ➤ Community National Bank |
| ➤ Health Occupations Students | ➤ Meth Free Tennessee |
| ➤ (HOSA) | ➤ Rhea County Executive's Office |
| ➤ Tennessee Comprehensive | ➤ Home Healthcare of East |
| ➤ Cancer | ➤ Tennessee |
| ➤ Control Coalition | ➤ community nurses |
| ➤ Dayton Chamber of | ➤ Rhea County Chiropractic |
| ➤ Commerce | ➤ a local first responder |
| ➤ Community CPR Instructors | ➤ Ronald McDonald Mobile Care Unit |
| ➤ Southeast Tennessee | ➤ Dayton Utilities |
| ➤ Human Resources | ➤ Volunteer Energy Cooperative |
| ➤ Agency's Community | ➤ Get Fit TN |
| ➤ Prevention Initiative | ➤ D & K Auto |
| ➤ Ronald McDonald Care | ➤ United Healthcare |
| ➤ Mobile | ➤ Rhea Economic and Tourism |
| ➤ Frazier Elementary School's | ➤ Council |
| ➤ PTO | ➤ Southeast Tennessee Human |
| ➤ 1 st Bank of Spring City | ➤ Resources Agency |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as school health screenings in the form of nursing and scoliosis screening volunteers and the School Health Advisory Council working on the district wellness policy. Currently, 10 parents are collaborating with CSH.

Students have been engaged in many CSH activities. Such activities include sun safety and other health awareness activities through 6-8th grade and Junior Health Councils. Health Occupations Students of America members help collect data during school health screenings. Several students participated in the 5K/Mile Run event and Walk Across TN. We also had 6-12th grade girls participate in the Looking Beyond High School event as greeters, session moderators and fashion show participants. Approximately 125 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Rhea County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – there were 1,722 students who received at least one health screening for hearing, vision, scoliosis, height, weight and/or blood pressure. Most students received all of the mentioned health screenings. Of those students screened, 700 received BMI referrals, 49 received blood pressure referrals, 10

received referrals for scoliosis, 22 received referrals for hearing and 61 received referrals for vision.

Students have been seen by a school nurse and returned to class – there have been 91,548 visits to the school nurse district wide since the implementation of Coordinated School Health in the Fall of 2007. Of those, 78,563 were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2010-2011 school year, preliminary BMI data in Rhea County show 2% were in the “underweight” BMI range, 57% were within the “normal” BMI range, 41% were in the “overweight or obese” BMI range. Overall, our rates have improved since the implementation of Coordinated School Health during the 2007-2008 school year as demonstrated in the chart below.

School Year	2007-2008	2008-2009	2009-2010	2010-2011
Underweight	1%	3%	2%	2%
Normal	55%	54%	56%	57%
Overweight or Obese	44%	43%	42%	41%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model curriculum, treadmills, stationary bikes, row machines, abdominal machines, incline trainer and a cable machine for fitness rooms, physical education equipment, elementary school playground equipment, Wiis and Take 10! curriculum. We also purchased materials for implementation of the “Go, Slow, Whoa” program in K-5 cafeterias;

Professional development has been provided counselors, PE teachers, and nurses. Examples include Take 10! and physical activity in the classroom, Michigan Model training, CPR for all coaches and special education staff and physical education professional development such as a refresher course on the Presidents Physical Fitness Test. CSH also paid for 2 nurses to attend the annual CSH Institute one year and 2 coaches/physical education teachers to attend a TAHPERD conference.

School faculty and staff have received support for their own well-being through CSH sponsored walking contests, CSH funded fitness centers and CSH e-mailed monthly health tips.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – all K-5 school counselors and high school Lifetime Wellness teachers have a full set of Michigan Model materials and training, CSH coordinator reviewed Tennessee Lifetime Wellness and Physical Education standards with all K-12 physical education teachers and high school Lifetime Wellness teachers;
- Physical Education/Physical Activity Interventions – CSH coordinator has offered professional development for classroom teachers about Take 10!, physical activity in the Classroom, Tennessee's Physical Activity Handbook and North Carolina's "Energizers." CSH coordinator reviewed Tennessee Lifetime Wellness and Physical Education standards with all K-12 physical education teachers and high school Lifetime Wellness teachers;
- Nutrition Interventions – One Rhea County school received the Fresh Fruits and Vegetables Grant for the 2010-2011 school year. We are in the process of implementing "Go, Slow, Whoa" in our K-5 cafeterias. Individual lessons and sampling activities have been provided to teachers as requested;
- Mental Health/Behavioral Health Interventions – All Rhea County school's faculty attended a three day in-service for "Capturing Kids Hearts."

Additional accomplishments include students in the Rhea County School System who have been able to get the help they needed as a result of the annual health screenings and referrals. Several students and their parents discovered a need for glasses or hearing aids which thereby led to improved grades. The parents of at least one middle school student during the 2010-2011 school year who received a BMI letter took their child to the doctor who then spoke to them about a healthier lifestyle. That student began putting the doctor's advice into practice, keeping a diary and losing weight.

In such a short time, CSH in the Rhea County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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